



SNAP: LEVERAGING 4 POWERFUL STRESS REDUCTION TOOLS

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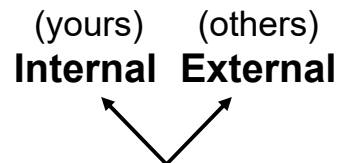
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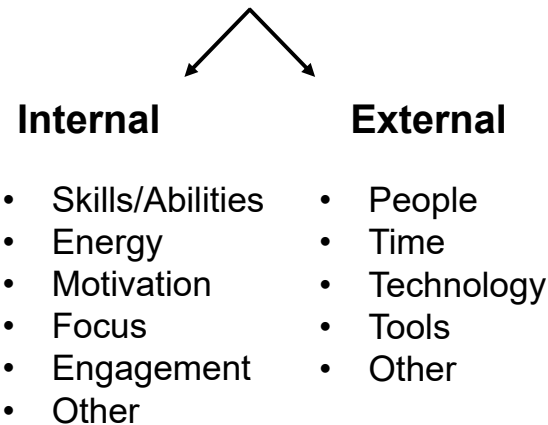
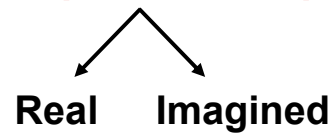
AGENDA

- Understanding Stress: A Brief Overview
 - What is it?
 - How do you recognize it?
- SNAP Model
- Four Power Tools
 - Breathwork
 - Progressive Relaxation
 - Mindfulness
 - Emotional Freedom Technique

WHAT IS **STRESS**?

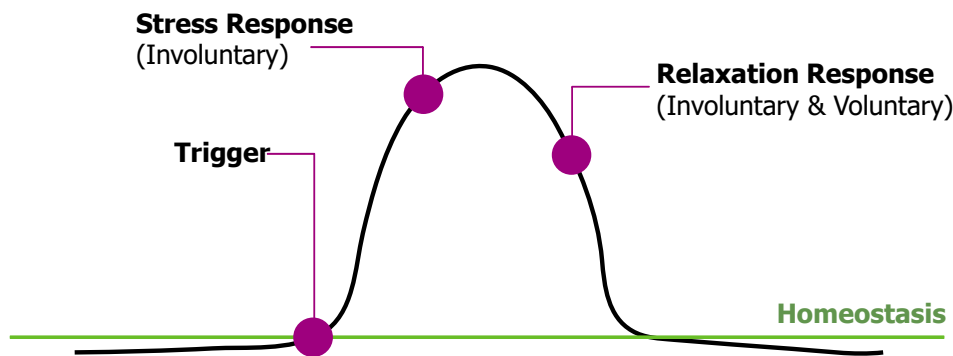


When perceived expectations are greater than resources to meet those expectations.



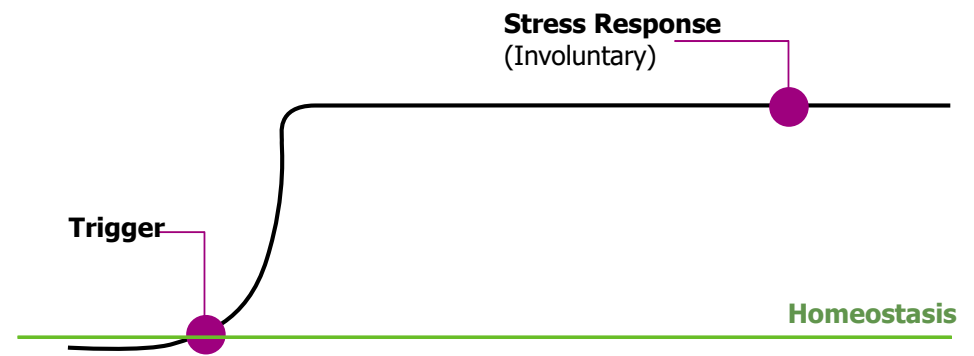
THE STRESS & RELAXATION RESPONSE

ACUTE STRESS



Stress Response: Fight/Flight/Freeze
Relaxation Response: Rest & Digest

CHRONIC STRESS



GOOD NEWS: We can voluntarily send messages to the brain to recover.

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STRESS INDICATORS:

DING, DING, DING



POWERFUL QUESTION:

- What is your most common stress response?

THE SNAP MODEL

STOP, NOTE, ANALYZE, PLAN

- **SNAP**
- **S**top → Stress indicator (ding, ding, ding)
- **N**ote → Category/Type/Scale/Stressor/Context
- **A**nalyze → Resource deficiency
- **P**lan → Action to initiate recovery

Four Quick But Powerful Tools

Mindfulness

Progressive Muscle
Relaxation

Breathwork

Emotional Freedom
Technique

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Progressive Relaxation

- Deep relaxation technique that is based upon the simple practice of tensing, or tightening, one muscle group at a time, followed by a relaxation phase
- Based upon the premise that mental calmness is a natural result of physical relaxation
- Technique:
 - Breathe in slowly while tensing a specific muscle group (ex: shoulders & neck) for 5-10 seconds.
 - Exhale, release and relax for 10-20 seconds.
 - While releasing the tension, try to focus on the changes you feel when the muscle group is relaxed. Imagery may be helpful.
 - Move on to another muscle group and work your way up the body.

Mindfulness

- **Focusing our attention with intention— paying attention on purpose in the present moment**
- Cultivating an **awareness** of the present moment without **judgment** or **attachment = THREE PRACTICES IN ONE!!!**
 - Awareness (self; others; context)
 - Non-judgment (self; others; context)
 - Non-attachment (self; others; context)

Mindfulness & Stress: The Quadruple Threat

Awareness

Increases awareness of when and why we get triggered and the unhelpful thoughts/emotions beneath it

Stress Reduction

Initiates the relaxation response

Detachment

Provides space to investigate and reframe unhelpful thoughts

Thoughtful Response

Helps us leverage moments of choice and align actions with intentions



RAIN: A Tool Welcoming Your Emotions

Recognize

Recognize what emotion is coming up for you. Label it. Let it in—don't push it away.

Acknowledge/Allow

Accept it's presence and allow it to be there—just as it is. Give yourself permission to feel it.

Investigate

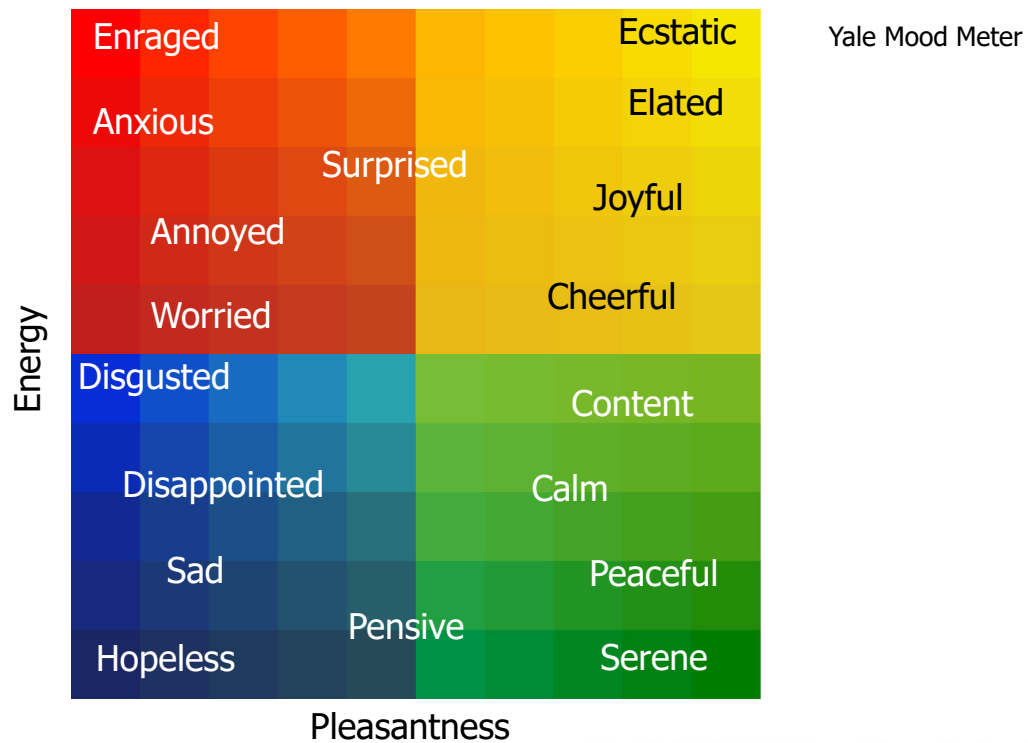
Investigate with interest and care. Get curious about it. How does it show up in your body? Are there other emotions tied up in it?

Non-Identify/Nurture

Avoid being defined by the emotion or identifying with it. Instead of "I am angry" try "I am experiencing anger in my body." Nurture with self-compassion.

Source: Sharon Salzberg & Tara Brach

Recognize: Mad-Glad-Sad-Scared



Allowing: Practice

Inhale: Breathing in I gather up all the (insert difficult emotion) in my body

Exhale: Breathing out I release and let it go



Investigate: Get Curious

- Where do I feel or notice it in my body?
- Does it have a color? Texture? Shape? Temperature? Volume?
- What is the underlying thought or belief?
- Does it make sense for me to be feeling this way?
- Is it helpful for me to be feeling this?
- How long have I been feeling this?
- What is the impact of this emotion?
- How do I want to be feeling?
- What would be a more empowering emotion?
- What would I need to be able to let go of this emotion?



Non-Identify: Practice

Breathing In: Feelings come, feelings go.

Breathing Out: I am not my feelings.



Nurture: Practice

May I be well

May I be safe and free from suffering

May I be happy

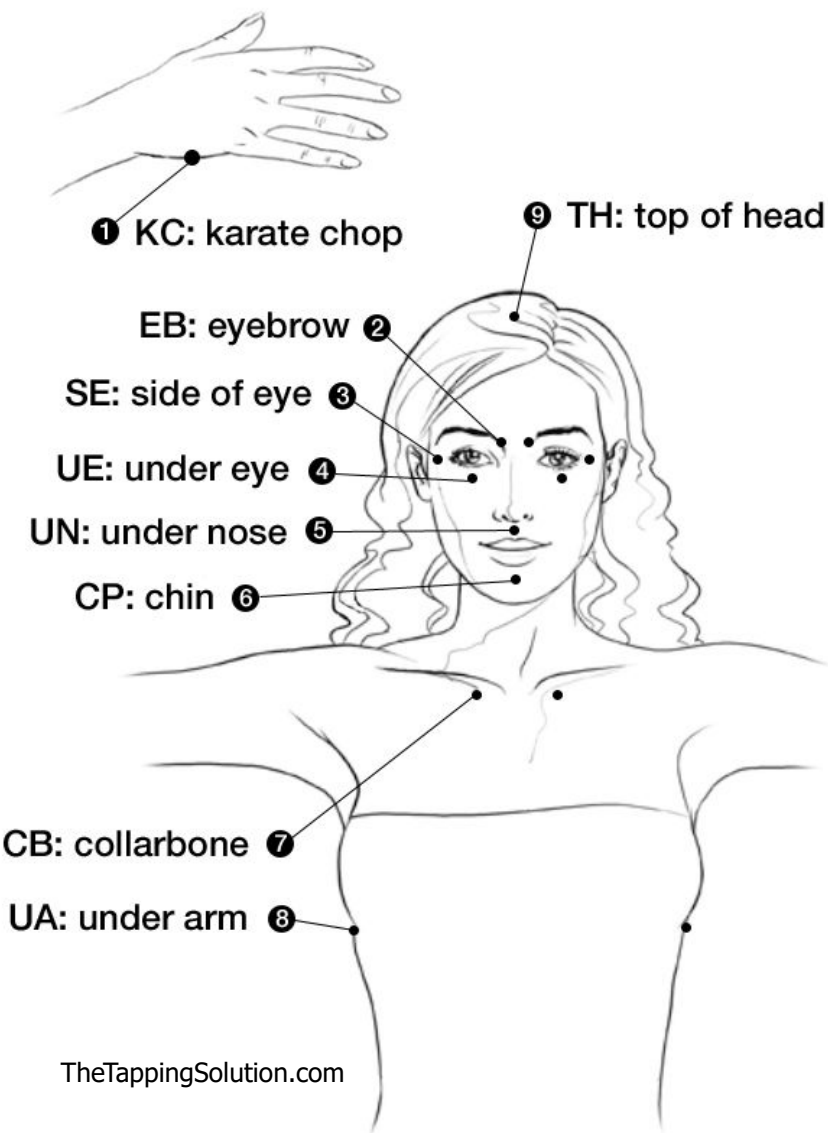


Emotional Freedom Technique (EFT)

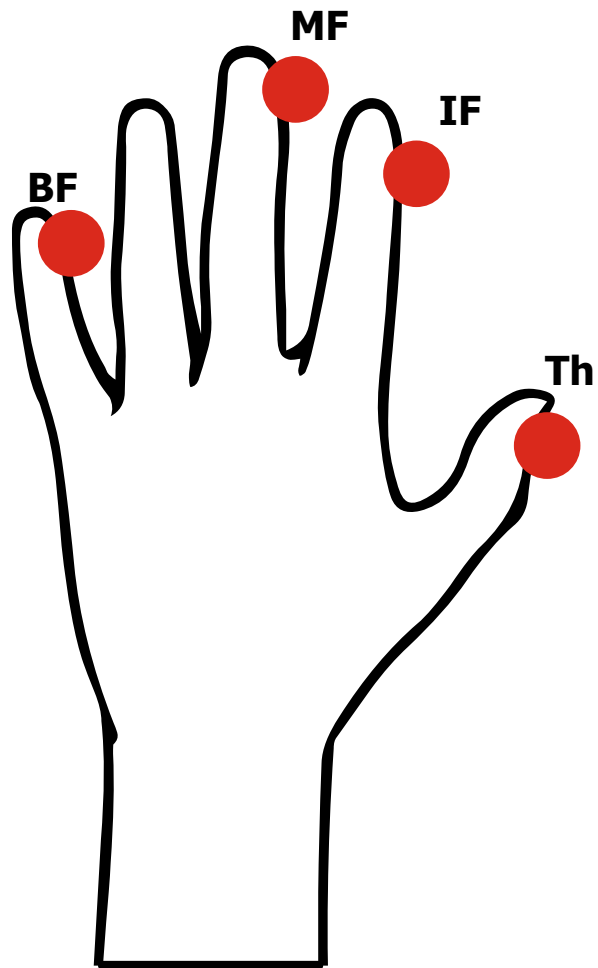
- Tapping on end points of meridians (energy pathways) stimulates the body's relaxation response
 - Sends a calming signal to the amygdala
 - Reduces cortisol
- Initiates the relaxation response so that you can experience something stressful (ex: a negative emotion or experience) in a calm way
- **Powerful tool:** minimizes stress to maximize performance

The Tapping Points

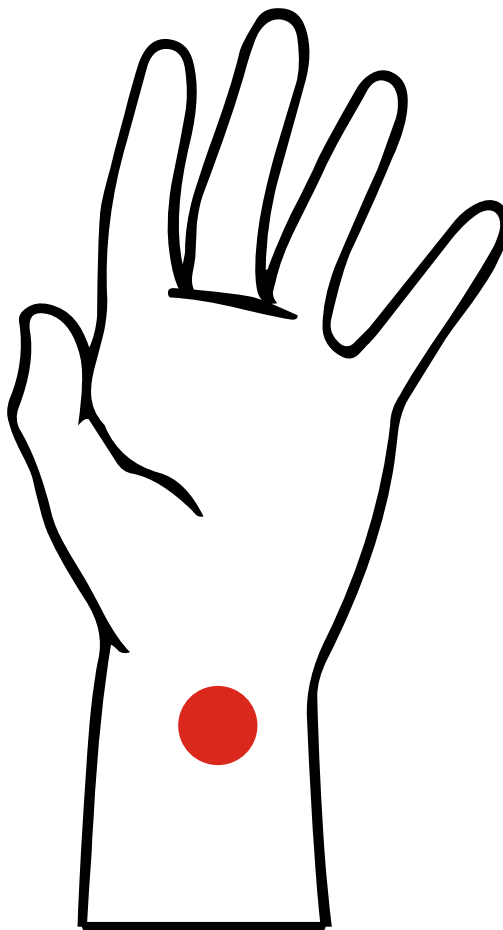
- **KC:** Karate Chop
- **EB:** Eyebrow
- **SE:** Side of Eye
- **UE:** Under Eye
- **UN:** Under Nose
- **CP:** Chin Point
- **CB:** Collar Bone
- **UA:** Under Arm
- **TH:** Top of Head



Finger Points



Wrist Points





Questions?

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